

Procedural and methodological conditions for orientation of students to healthy lifestyle

Dobrotvorskaya S.

Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia

Abstract

The relevance of the research is connected with the fact that the situation with the youth health in Russia leaves much to be desired. The main reason for it is an unhealthy lifestyle of young people. The goal of this paper consists in justification of organizational and methodological conditions for the realization of a system of pedagogical orientation of students to a healthy lifestyle. The main technique used by us for studying this problem was questioning; it has allowed us to reveal the situation of pernicious habits among young people. The analysis of questioning results has demonstrated the insufficiency of substantive, organizational, methodological, and procedural issues of the current solution to the problem of the orientation of students to a healthy lifestyle in theory, as well as their fragmentary and nonconsecutive use in practice. The research involved students of Kazan (Volga region) Federal University. In this paper we presents health barriers, analyze factors that stimulate the willingness of students to lead a healthy lifestyle, develop a technology for stimulating students to leading a healthy lifestyle, and describe the substantial side of guidance activities in the university that stimulate students to personal health improvement and self-development. We also justify various types of guidance activities, propose certain ways to optimize organizational and methodological support of teaching. Results obtained in this paper can be of interest both to administration and faculty of higher educational establishments and to students.

Keywords

Healthy lifestyle, Pedagogical technology, Student